

ACIM Edmonton - Sarah's Reflections



Lesson 9 I see nothing as it is now.

Sarah's Commentary:

We read in Lesson 7, "**I see only the past,**" and Lesson 8, "**My mind is preoccupied with past thoughts,**" which implies we can't possibly be seeing anything as it is now. "**But while you may be able to accept it intellectually, it is unlikely that it will mean anything to you as yet.**" (W.9.1.2) Jesus tells us that it is not important whether we understand what is being said at this point. In fact, the truth is that we don't get it. It is not because we don't understand the words but because we are very defended against the truth. We will have some understanding only when we have the experience that comes with the holy instant. The holy instant is a moment out of time where there is no experience of the body. It is a moment where we have a glimpse of the eternal Self.

Even if we do accept this Lesson intellectually, "**. . . understanding is not necessary at this point.**" (W.9.1.3) In fact, Jesus says to recognize and accept that we don't understand, is a good thing and a required part "**. . . for undoing your false ideas.**" (W.9.1.4) Why does he say that? Basically, when we accept that we don't know and don't understand, we are willing to be taught; we are willing to practice the Lesson as prescribed rather than trying to figure it out. He tells us that we will ultimately come to an understanding if we diligently apply the Lessons as prescribed. "**If you want understanding and enlightenment you will learn it, because your decision to learn it is the decision to listen to the Teacher Who knows of light, and can therefore teach it to you.**" (T.8.III.1.4) (ACIM OE T.8.IV.16) We are just being asked to trust in the process. It works even if there is resistance to it.

Today, we are asked to apply the idea three or four times during the day to whatever we see. Being indiscriminate in the application and excluding nothing is important to this practice. We begin with things nearby and extend the range outward. "**It is emphasized again that while complete inclusion should not be attempted, specific exclusion should be avoided. Be sure you are honest with yourself in making this distinction. You may be tempted to obscure it.**" (W.9.5.1-3)

He is telling us this since we probably think we know and understand what we are seeing because of our past association with it. We resist the idea that we don't see anything as it is now. We may feel it is an affront to our intelligence, but Jesus makes the startling statement that what we are seeing is not even there! That is because everything we see is a projection of past thoughts about the thing we are looking at, and these thoughts block our understanding.

It is difficult for the untrained mind to believe that what it pictures is not there. This idea can be quite disturbing and may meet with active resistance. Yet our resistance does not preclude applying the idea. No more than that is required for these or any of the exercises provided in the Workbook. "**Each small step will clear a little of the darkness away, and**

understanding will finally come to lighten every corner of the mind that has been cleared of the debris that darkens it." (W.9.2.5) It is all about clearing away all that interferes with vision. This is the basis for forgiveness because we will come to see that what we are forgiving never even happened in truth. Yes, in our experience it did happen, but none of it has reality; none of it has any meaning because it is all a projection of the thought system of separation. We experience a world that is independent of us, yet it is a world that is simply a reflection of our thoughts. This is why the world is different for every one of us. Our dream is made to seem real by our sensory apparatus, which was made by the ego to prove all this is real and solid.

The Lessons are all about undoing the way we currently see. They are about opening our minds to the possibility that what we see in the world is just a reflection of what is in the mind. The movie of our lives is already over because it is all past. We are just reacting to events that have already happened. We are experiencing them as if they are happening now. But now we can watch the movie with the Holy Spirit Who can give us His interpretation of everything we are perceiving. This turns everything upside down from what we think is true. This is all new learning. We would not be putting effort into learning something we already know. As said before, our minds are actually blank because they are totally preoccupied with past thoughts. Past thoughts also include future plans because they too have already happened. They are already over since time is already over—something we don't get at this moment either. We don't want to get it, because if time is already over, we are not here either, and when we take that thought in, it can be disorienting and even terrifying until we are ready to see the truth of it.

If you find yourself arguing with this Lesson or any other Lesson, it is to prove your reality as a separate self with separate thoughts. It is all resistance to this teaching all based on fear. Jesus knows we have resistance because the ego is a defense against these thoughts. All we need to do is be willing to do the practice. If we are not willing, we can ask for help with willingness. The important thing is not to strain and not to fight yourself. When it all seems too difficult, just step away from the Lesson for a time until willingness returns.

We have convinced ourselves of the truth of what we see. We believe that "seeing is believing." We think that if we see something, it is real. Jesus is raising this "reality" to question. Is it possible that what we are seeing is not real at all but just a projection of a hallucinating mind? Is it possible we really can't trust our eyes? Is it possible our whole world is made up of false concepts about ourselves and the world we hold in the mind? These are unsettling questions but worth considering.

It is not a big leap to recognize we all see the same thing differently. In fact, recently the Supreme Court ruled that lower courts are not to rely on eye witnesses to the extent that they have, because of faulty perceptions. Perception will invariably be untrustworthy when we realize we are all just projecting the content of our past thoughts and past associations. When we watch a movie, it becomes clear we are all experiencing the events on the screen from our past associations. Thus, how can anything be said to be true if each of us has our own truth about what we are seeing and believing?

Time is given us to awaken to the truth of who we are as eternal beings. In Chapter 15, Jesus talks about "**The Two Uses of Time**" where he says we can waste time by using it for ego purposes, or we can use time for awakening to who we truly are. Wasting time is tragic. "**Delay does not matter in eternity, but it is tragic in time.**" (T.5.VI.1.3) (ACIM OE T.5.VIII.71) Time, when used for its intended purpose, awakens us to our glorious reality. These exercises are all given us for that purpose. "**This lesson takes no time. For what is time without a past and a**

future? It has taken time to misguide you so completely, but it takes no time at all to be what you are. Begin to practice the Holy Spirit's use of time as a teaching aid to happiness and peace." (T.15.I.9.1-4) (ACIM OE T.15.II.10)

It is reassuring to know that in undoing what we have taught ourselves the Holy Spirit will substitute our self-taught concepts with ones that can bring us true happiness and peace. Only willingness to do this practice is needed. We continue to ask the Holy Spirit to reinterpret what we see so we can be freed from our perceptions of how we think things are. When we turn our perceptions over to Him to reinterpret them for us, we allow the mind to be released from its imprisoned state of stale thoughts. Each moment of willingness to do this work brings more healing to the mind until we reach the real world where peace prevails until the final step is taken by God to lift us up to Heaven.

Love and blessings, Sarah
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